The Lean Machine: The Four Directions to Eating Lean and Being Lean
Lesson Objectives

- List three ways to reduce daily fat intake.
- List three ways to increase daily physical activity.
- Describe how Native Americans were traditionally physically active.
- Recognize how each of the four directions are important to leading a healthy lifestyle.
- Describe why the traditional diet was low in fat.
Explaination of the Medicine Wheel

- Physical symbol showing relationship with the universe.
- Everything has a spirit or part of the Great Spirit within itself.
- Four sections, each of a different color and different meaning.
Explanation of the Medicine Wheel

- The four colors have different meanings depending on the Tribe.
  - Red: life, knowledge, and winter
  - Black: darkness, night, and hardship
  - Yellow: power, spring or new beginnings
  - White: integrity and summer

- Contemporary interpretation may symbolize the races of people.
Physical

Fat is not always a bad thing.
What is fat?

- Fat is:
  - Part of food needed by the body each day
  - Keeps the body warm
  - Protects the organs
  - Maintains body temperature
  - Gives flavor to food

- The problem today is too much fat is eaten.
What can happen if I eat too much fat?

- If you eat too much fat in your diet, it can lead to weight gain.
- Being overweight can cause many health problems.
- Native Americans have some of the highest rates of diabetes, obesity, and heart disease in the country.
- These diseases can be preventable.
Mental

Eating “lean” can be easy.
What are some high fat foods?

- Cream
- Lard
- Chips
- Ice Cream
- Cookies
- Doughnuts
- Cheese
- Whole Milk
- Candy Bars
- Fast Food
- Processed Meats (hot dogs, bologna, sausage)
What are some ways you can make these foods high in fat?

- Potatoes
- Fruits
- Lean Meats
- Sandwich
- Salad
Can I learn to make “lean” choices?

<table>
<thead>
<tr>
<th>Instead of High Fat Foods</th>
<th>Try Low/Lower Fat Foods</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cheese</td>
<td>Use less cheese or low fat cheese.</td>
</tr>
<tr>
<td>Whole Milk</td>
<td>1% or Skim Milk</td>
</tr>
<tr>
<td>Butter/Hard Margarine</td>
<td>Soft Margarine</td>
</tr>
<tr>
<td>Lard</td>
<td>Oil</td>
</tr>
<tr>
<td>Chips</td>
<td>Baked Chips, Pretzels</td>
</tr>
<tr>
<td>Cookies</td>
<td>Fresh Fruit</td>
</tr>
</tbody>
</table>
Are all fats bad for me?

- **Saturated Fat**
  - Not healthy for the body and can be harmful to your heart.
  - Found in animal foods
  - Usually solid at room temperature

- **Monounsaturated Fat**
  - Found in oils (olive, canola, and peanut), most nuts and some margarine
  - Can be helpful for your heart
  - Usually liquid at room temperature
How can I learn to purchase "lean" foods?

- Read food labels
- Purchase lean meats
  - Lean meats were a big part of the traditional Native American diet.
  - Certain cuts of beef, pork, and chicken can also be lean.
    ◦ Beef and Pork: round and loin
    ◦ Chicken and Turkey: white meat
Can I learn to cook “lean”?

- Fry food less.
- Use oil instead of lard.
- Trim fat off of meats.
- Try a variety of seasonings when cooking vegetables.
- Remove the skin from chicken.
- Use non-stick cooking sprays and/or Teflon coated pans.
- Drain the fat when browning ground beef.
- Remove the layer of fat off the top of chilled soup, chili, and stews.
Can I learn to snack in a "lean" way?

- String Cheese
- Fresh and Canned Fruit
- Fresh Vegetables
- Nuts (almonds, walnuts, pecans)
- Baked Chips
- Pretzels
- Bagels
- Low fat popcorn
Emotional Balance is the way to a “lean machine”!
Is a balanced diet possible in today’s busy world?

- When trying to eat less fat, balance is the way!
- Eating all foods in moderation including high fat foods will give your body the balance it needs.
- Remember all foods can fit into a healthy lifestyle.
Why do I eat?

- It is important to remember what the reason is behind your food choices.
- People may eat when they are sad, depressed, grieving, lonely, and happy.
Traditionally, Native Americans lived a balanced "lean" lifestyle.
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- Among the various tribes, there were ceremonies and dances honoring foods throughout the year.
- These ceremonies provided a spiritual connection between the food and the people.
- People would eat huge amounts of food during these feasts and celebrations.
- The people were also very active by playing traditional games and dancing.
Did the Creator naturally make foods with less fat?

- Wild Rice
- Potatoes
- Wild Turnips
- Roots
- Corn
- Squash
- Berries
- Pumpkins
- Beans
- Fish
- Cactus
- Milkweed
- Mushrooms
- Roots
- Buffalo
- Deer
- Pheasants
- Prairie Chicken
- Grouse
- Ducks
Physical

Being physically active is good for your body.
What is physical activity?

- Physical activity is any movement of the body produced by the muscles that results from an increase of energy being used.
- Basically it is moving around and using up energy doing it.
Why do bodies need physical activity?

- Your body needs physical activity to stay healthy and free from disease.
- By being physically active, you may be able to stay at a healthy weight and prevent diseases.
Does physical activity benefit your body in other ways besides disease prevention?

- Physical activity does other things for the body.
  - Keeps your heart healthy.
  - Keeps your bones strong.
  - Keeps your weight healthy.
  - Helps you lose weight.
  - Helps build muscle.
  - Helps lower blood pressure.
  - Helps you sleep better.
What do I need to do to get my body ready for physical activity?

- Talk with your doctor before beginning an intense exercise program, especially if you have any health problems.
- Stretch to warm up the body for the activity.
- Begin the activity slowly for the first 5-10 minutes. Then safely move to a faster pace.
- Do the talk test.
- Slow down during the last 5-10 minutes for a cool down effect.
Should I eat or drink before I become physically active?

- It is very important to drink water before, during, and after physical activity.
- People who are taking diabetes medications or insulin should make sure to have a small snack before being physically active unless it is right after a meal.
Mental

Physical activity can become a habit.
What are some different types of physical activity?

- Walking
- Running
- Jogging
- Biking
- Gardening
- Swimming
- Basketball
- Aerobics
- Dancing
- Hunting
- Jumping Rope
- House Cleaning
- Walking the Dog
Intensity of Physical Activity

- Some activities burn more calories in a shorter amount of time than others, which is described as the activity’s intensity.
  - Low – Stretching, Gardening,
  - Moderate – Walking (brisk), Dancing
  - High – Basketball, Running, Swimming
How often should I be physically active?

- You should be active each and every day.
- Traditionally, Native Americans lived active lifestyles.
- It is important to try and be physically active for at least 30 minutes most days of the week.
Daily Ways to Be Physically Active

Include:

- Park the car farther from the door and walk the rest of the way.
- Hide the remote and get off the couch to change the channels.
- Use a portable phone and walk while you talk.
- Dance with your children.
- Use the stairs instead of the elevator.
- Walk during your lunch break, before, or after work.
Should I do a variety of physical activities?

- Doing a variety of activities is important for you to prevent your body and your mind from getting bored of the activity.
- It is also important to do activities that help your body become more flexible and keep your heart and muscles strong.
Emotional

Physical activity is an excellent way to relieve stress and cope with hardships.
Can physical activity help you deal with your emotions?

- Everyone needs to take time and care for his or her inner spirit.
- Physical activity can help you
  - Release anger in less hurtful ways
  - Helps heal a broken heart
  - Brings a smile to a face
- A lesson learned from the ancestors’ lifestyle is that there are benefits to moving and being active.
How can I make physical activity regular activity?

- Find an exercise partner.
- Try different physical activities to keep from becoming bored.
- Keep a calendar of when and how long you are physically active each day.
- Reward yourself with non-food rewards.
- Join a community sports team or exercise at the local wellness center.
Spiritual

Traditionally, Native Americans lived a balanced “lean” lifestyle.
Did Creator intend for your body to be active?

- Physical activity and spirituality had a great connection in the past.
- Being physically active and fit were honored and respected.
- Traditionally, the rigors of such ceremonies as the Sun Dance or Vision Quest required not only a strong body, but also a strong spirit.
- This strength of spirit encourages each of us to live a healthy and "lean" life.
“The Circle is Sacred – When we acknowledge that all of life is sacred and that each act is an act of choice and therefore sacred, then life is a sacred dance lived consciously each movement. When we live at this level, we participate in the creation of a better world.”

– Scout Cloud Lee